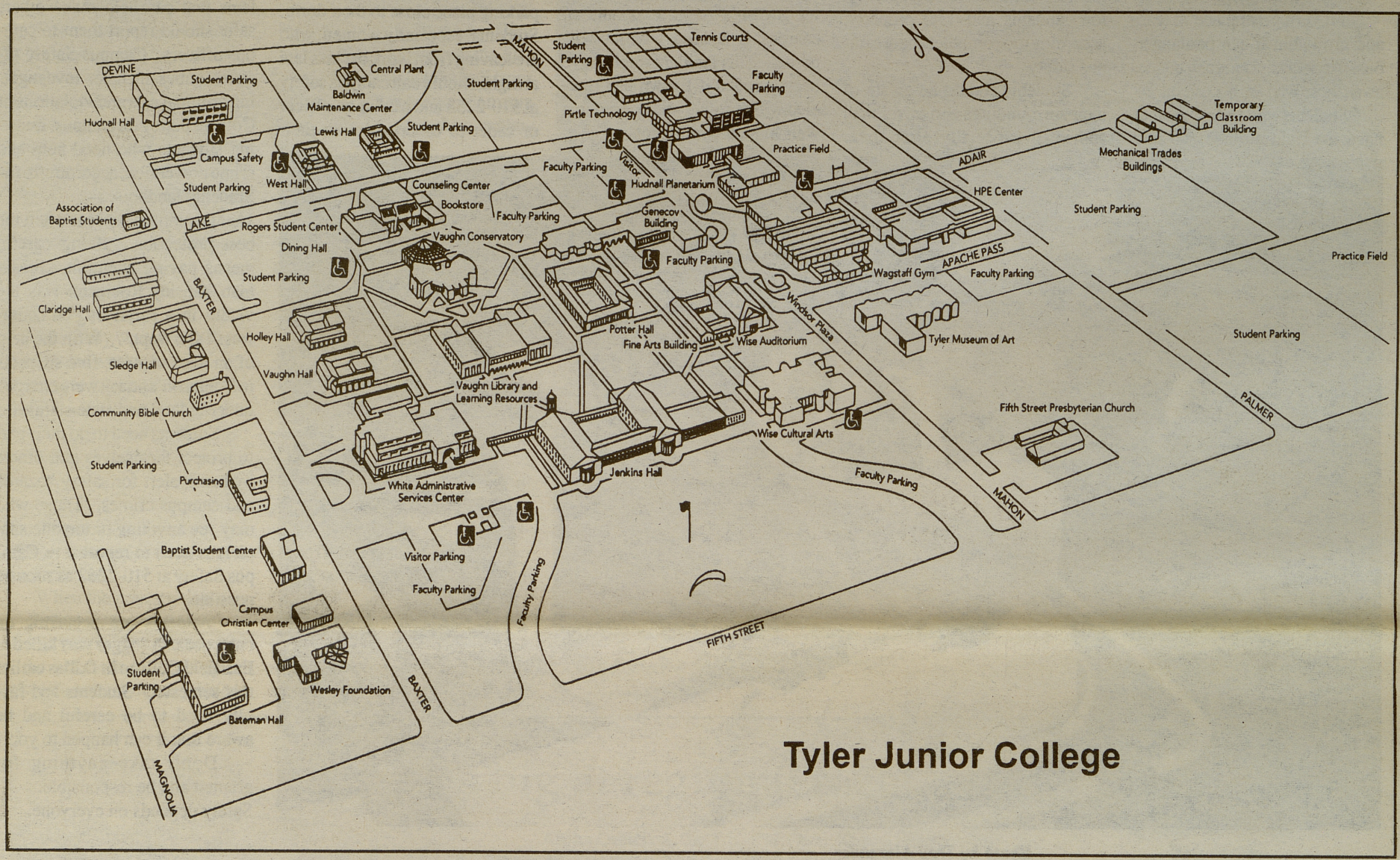
FRESHMAN ORIENTATION SPECIAL EDITION

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Tyler Junior College NEWS

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Students feel safe, take some precautions

By Lisa Henderson
Staff Writer

Students say they feel safe overall, but most take some safety precautions.

Michelle Sanders, a psychology major from Van, feels safe as long as she is in a group and not by herself. Sanders does not walk at night alone.

Journalism major Greg Romine from Ohio, believes he is safe over all. Compared to Ohio, Romine said, "This is cheese." He thinks nothing will happen here. The only safety precaution he takes is locking his car doors. Romine believes night is more dangerous.

Rachael Ayala, undecided major from Sherman, said Tyler is safe as a whole. She walks by herself everywhere she goes and takes no precautions.

Students should be aware of dangers in Tyler and on campus. Car-jackings, rapes and even murder can happen here and students can do things to remain protected and secure.

Students should park in well-lit areas, walk in pairs and be aware of their surroundings to better protect themselves, Campus Safety Director, Gene Carney said. They should feel safe due to a well-trained staff of officers. If they witness a disturbance or are victim of a crime, Carney said, they should call the emergency number, 226-5100. Students should report the crime immediately and not delay.

Students who go to class at night and are afraid to walk to their cars can call for an officer to escort them. The student can ask the teacher to call someone to make sure they get to their car safely, Carney said.

TJC has a good security system, Carney said, but students should not take this for granted. They have responsibilities and need to help protect themselves. By paying attention to what is around, they can cut down on problems that could occur.

"We want students to feel comfortable and safe," Carney said, "This is their campus."

TJC officers have the same powers of arrest as Tyler police and the sheriff's department. They are commissioned officers with their own jurisdiction.

The biggest crime on campus, Carney said, is theft. Theft in cars, residence halls and even classrooms can occur at anytime. All a criminal needs is the desire, the means, the knowledge and the opportunity and a theft occurs. If any of these ingredient are taken away, the crime cannot happen. Students need to be aware of this.

Rumors about crimes spread around campus. A rape has not been reported on campus since I have been here," Carney said. "There have been cases of people being grabbed from behind, but that needs to be reported immediately."

Crime prevention works 24 hours a day, seven days a week, 52 weeks a year, including holidays. Seven officers work here and two more are to join soon. Cadets assist the officers.

Carney wants students to feel safe, but to be aware and know what to do if troubles occur.

Special edition

This edition of the TJC News was created especially for students attending freshman orientation. Editors compiled stories from the 1993-94 News.

Any student can work on both student publications, the News and Touchstone literary magazine.

Beginning staffers must take Comm 2311 to work on the award-winning News. Reporters, photographers and ad sales persons are needed each year. Some scholarships are available.

Any student may submit poems, essays, art and photography for Touchstone, one of the Texas Intercollegiate Press Association's "best overall magazines."

Those interested in working on publications may call Journalism Program Director Linda Zeigler at 510-2335 or 566-8966.

Caution, common sense best chance for campus safety

By Jennifer Garrett
Staff Writer

TJC is a great place to learn and grow, but it can be dangerous. Accidents, crimes and injuries await those who are not careful.

Students who are responsible, have the right attitude and take the right actions can help protect themselves, their belongings, fellow students and TJC property, according to a pamphlet about campus safety.

Students should be aware of their surroundings and travel with someone, especially after dark. They should also park in well-lighted areas. Sophomore Jennifer Brown's Sept. 1 assault on campus is a case without witnesses. This incident might have been avoided if Brown had traveled with a friend and parked in a well-lighted parking lot.

Sometimes late at night, students cannot find a well-lighted parking place close to their dorm. Students, especially women, who are leaving from work or class late at night, should call campus safety at 510-2258 and ask for an officer or cadet to escort them to their dorm or car to avoid problems.

Students who identify problems that can help make others safer should report them to campus officers. Campus Safety officers duties include: investigating criminal acts and violations of College policy on campus, assisting students who need help and crime prevention, according to the Student Handbook.

Using common sense is often the best protection. Being careful means paying attention. Freshman Kinsley Robinson was the victim in a carjacking in southwest Tyler Sept. 7. With the help of an alert witness, five suspects in Robinson's attack were charged under federal and state statutes.

Students need to do their part to protect themselves and others by being alert for safety hazards and campus crimes. Those who may see anything or anyone suspicious need to report it to Campus Safety at 510-2263 as soon as possible.

Incidents are occurring on campuses. A jogger was killed at Eastfield College in Dallas earlier this semester. Students and faculty need to be careful and be aware that it can happen to you.

Don't take anything for granted and be responsible. Safety depends on everyone.

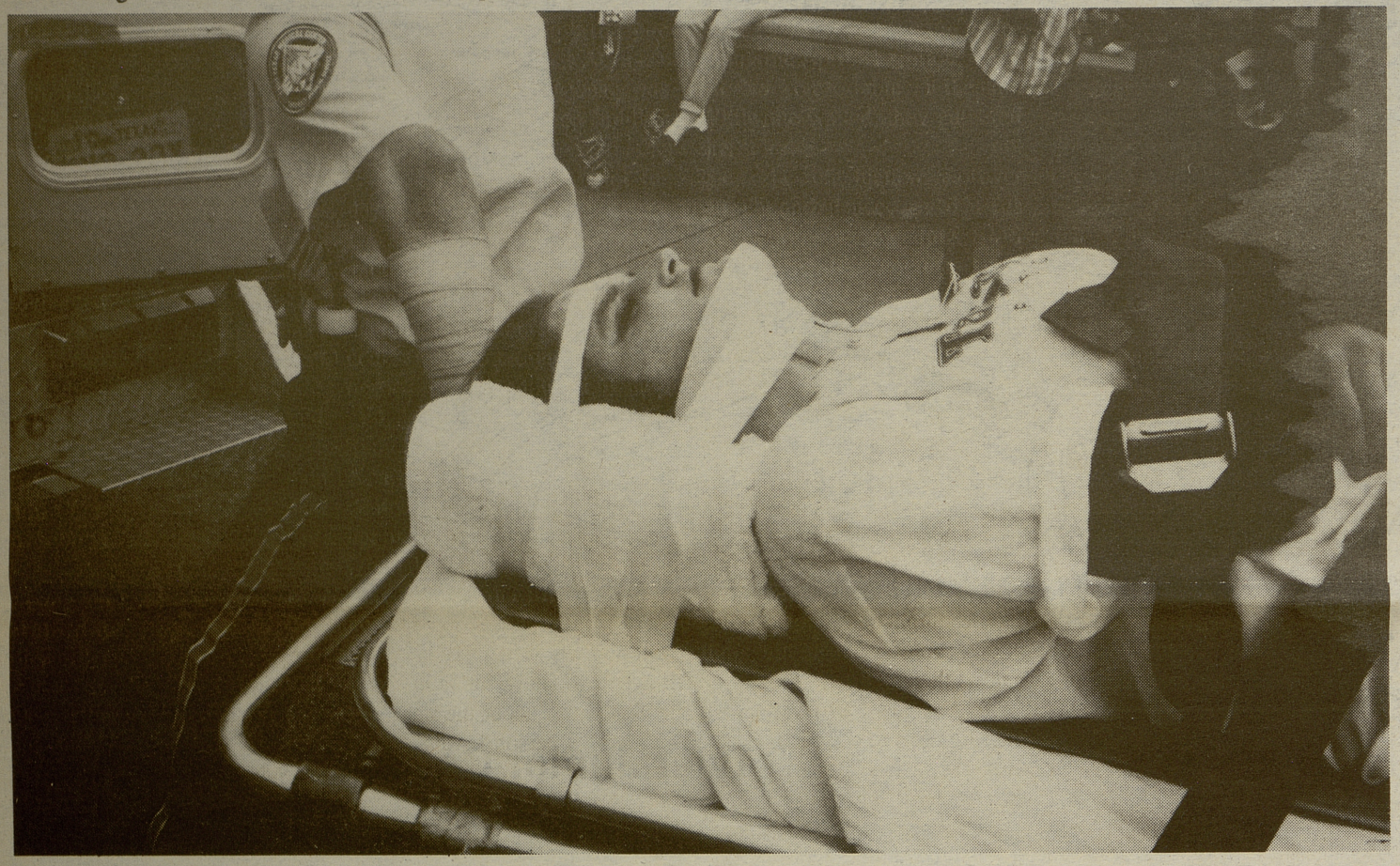


Photo by Troy Alexander

IT COULD HAPPEN TO YOU--*Students injured in a staged wreck on Lake Street demonstrate what can happen if a person drives while intoxicated. The accident and mock trial were part of Alcohol Awareness week planned by the Student Senate.*

Tyler Junior College News

The Tyler Junior College News is published by journalism students every other week except during holidays and exams. Opinions expressed in the News are not necessarily those of the staff, adviser or administration.
The News accepts letters to the editor from the college community for possible publication. Letters must be signed and include the writer's address and telephone number. Advertising and letters may be addressed to: TJC News, P.O. Box 9020, Tyler, TX 75711.
The editors reserve the right to select and edit letters in accordance with college policy, legal requirements and length.

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Alcohol ruins relationships

By Kristie Carter
Staff Writer

For many, Alcohol Awareness Week is one week out of the year to be more conscious of alcohol and its effects. For others like me, who have an alcoholic parent, Alcohol Awareness Week is every week of your life.

I remember when I was 4-years-old going to get the next door neighbor because my mom was too drunk to unlock our front door.

When I was five I spent the night with some friends. I knew it was strange the next day when my dad came to pick me up instead of my mom. That's when I found out that my mother had left us.

Through the years I visited my mother, but beer was always our constant companion. As the saying goes, 'three's a crowd,' especially in this case.

"When I was 18, I thought that I had the power to help my mother. In my mind I truly believed that all she needed was her little girl to make her all better, so I moved in with her. That was when I learned one of the most painful lessons of my life: No matter how hard you try, you cannot help an alcoholic unless the person wants to help herself. She did not.

Now I am 19-years-old and I still do not know my mother. The sad part is that, from the rare glimpses I have caught of her when she was not drinking, I know that she can be a wonderful person.

Even now, somewhere in the back of my mind I still have the hope that someday my mother will realize what she is doing to herself. It breaks my heart to watch her drink her life away and know there is nothing I can do to stop it.

To all of you out there who enjoy "partying," I just hope your fun doesn't turn in to an addiction like it has for so many others. Alcoholism is a disease that destroys not only the drinker, but the friends, family and loved-ones.

I have missed out on what could have been a wonderful relationship with my mother. Don't miss out on your on special relationships because of fun that turns into a habit you can't quit.

Physical fitness makes body younger

By Jaymie Poeschl
Staff Writer

Since the first time I registered for classes here in 1988, I have been told, "You must take P.E. to graduate from TJC." For the last six years of leaving and returning to school, I have put off that infamous class. I even considered not graduating but just transferring my hours to another college.

I have never heard a good word about it. My parents even tried to discourage me from taking it. "It's just a wasted course," they said. Students around me gripe and complain almost every time the class meets. They are always wondering "Why is this a required class? You only get one semester hour credit, but if you want graduate from here you have to have it."

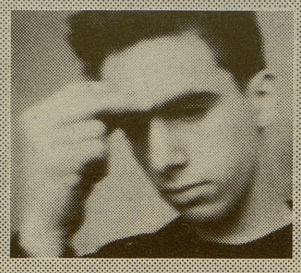
I confess that I have been one of the biggest bellyachers.

I learned the first day we dressed out why this is a required course. PHED 1101 was the only pre-test that ever affected me for a whole week. After doing as many sit-ups and push-ups as possible in a minute, we had to run 1.5 miles.

I was neither the youngest nor was I the oldest one there, but both younger and older students were moving about the same speed after a couple of laps around the track. After noticing the physical differences were not as great as the age differences, I could only draw one conclusion: If students between of 18 and 25 cannot run a mile and if they do not try to get into shape, the only way for your body to go would be down from there.

At this point, my birthday says I am 24-years-old, but my body's endurance is saying I am at least 45. By the end of this semester, with a little determination and a lot of work, I could be 18 again.

Now I know why PHED 1101 is required. Without it or some kind of strenuous physical activity, some of us would never have an understanding of physical fitness. Being fit and healthy will not happen without effort. Growing old will not be graceful when your body hits retirement status before your age gets there.



LOOK INTO MY EYES

By Troy Alexander

Accomplishments are not always affiliated with fame

I watched the Academy Awards a couple of weeks ago. My fondest memory is when Steven Spielberg won the Best Director's Oscar for "Schindler's List" and his mother cried in the audience, happy for what her son had finally achieved. I wished then that I knew what it was like to have someone that proud of me. But how?

Right now I am an English major who wants nothing more than to teach literature at college level. A few years ago getting rich was my main concern. On an altruistic scale, I am moving up.

So now I am in college, seeking my degree, wondering if it is possible for my parents to be proud of me if all I do is teach. To me, I will have succeeded in my profession the first time I have a student come back to me, years after I have taught him, to let me know how he is doing. But would this simple success be enough to make my mother shed tears of joy for what her son has accomplished? Would the small child my father held so many years ago have reached as far as my father dreamed he would?

Possibly not.

But then again, maybe I am confusing accomplishment with national fame. What, then, is the literal definition of "accomplished"? Luckily I have my trusty "Webster's New 20th Century Dictionary" within reach, unabridged, with more than 2,000 pages of instant knowledge for the uninformed. That would be me.

"Accomplished," definition 1: "finished; completed; fulfilled; executed; effected."

That is an eye-opener. Not once is the word fame or popularity used. So, on a small scale, people become accomplished with every little job they complete or every ordeal they survive. When my mother cried while I walked to get my high school diploma, in that brief moment, I was accomplished. I can feel elated for having been so.

And with each degree I achieve in college, I'll become accomplished and my parents will have the opportunity to be proud.

"Accomplished," definition 2: "well endowed with good qualities and manners."

That could be me. I use my "yes, ma'ams" and "no, ma'ams" and "thank yous" and "pleases," so I have some good qualities and manners.

But Webster's goes on to say: "educated and polished."

I'm in college, I'm being educated, so I guess I'm becoming accomplished right now. And, according to this definition, absolute accomplishment is not possible because absolute knowledge is not either.

Granted I'll never know what it is like to accept an Oscar while my mother cries in the audience, nor will I know how it feels to swish a winning last second three-pointer in a championship basketball game while my father looks on. But at least I can close the book which is my dictionary, if not the book which is my life, feeling better about the person I am and the person I want to become.

But still I can't shake the feeling that I am wasting a lot of precious time in college while I wait to become "accomplished." I often hear Robin William's voice shout loudly in my mind "Seize the day." I can't help believing that I am only wading through the day.

Not one thing I can remember doing today has made any difference to anyone. Guess I will have to try again tomorrow.



Staff Photo

MEET IN THE MIDDLE--*Students meet at the crosswalks infront of Potter Hall between classes. This junctin resembles the path students will have to take in life after completing their education at TJC.*

Yevtushenko uses poetry to share 'voice of voiceless'

by Troy Alexander, Tracie Oxman and Carl Speaks
Staff writers

Russian poet Yevgeny Yevtushenko told students and the public about life and literature in two performances here recently.

He said a great writer is the "voice of the voiceless." An artist sees things that others cannot and must tell or show the world what he sees. Poetry does not have to be artificial reality, because reality is rich and everything in life is a great experience.

"The power of art is immortality," Yevtushenko said, using as example Rembrandt's making his wife immortal by letting her beauty live forever on canvas.

Yevtushenko edited an anthology "20th Century Russian Poetry: Silver and Steel", published this fall by Doubleday. Some of his poems are included in more than 200 works by Russian poets. Some poems had been confiscated for many years by Soviet officials and had to be smuggled into or out of the former Soviet Union. Thus it took 23 years to prepare and publish the book.

Yevtushenko's was a spectacular performance. He not only read his and others' poems, but he gave the poems life. When he recited, the audience could feel what the poem was about.

He began with a poem about freedom. Though some students had to strain to understand what he was saying, they could feel the emotions running through his words. When he recited, the meaning became clear. He was wonderfully entertaining.

Highlight of the evening show was the Russian's performing with part-time speech instructor Kathy Schlottach. As she read in English and Yevtushenko read in Russian, they worked brilliantly together. Schlottach spoke in a beautiful voice that almost hypnotized the audience.

Democracy happens "when state supports art but doesn't control art," Yevtushenko said in a press conference attended by local media and journalism students. With all the rapid change that has taken place in the former Soviet Union since 1991, Russia has been getting its first taste of democracy, he said. It looks undemocratic to Americans who have 200 years of democratic experience.

Russia has always had strong censorship, he said, and poets and publishers had to be cunning to circulate their writings. Now there is no censorship for the first time, and people can publish whatever they want.

His first book was published when he was 19 and his second four years later. Yevtushenko said his father got him into poetry as his first ambition was to become a pilot.

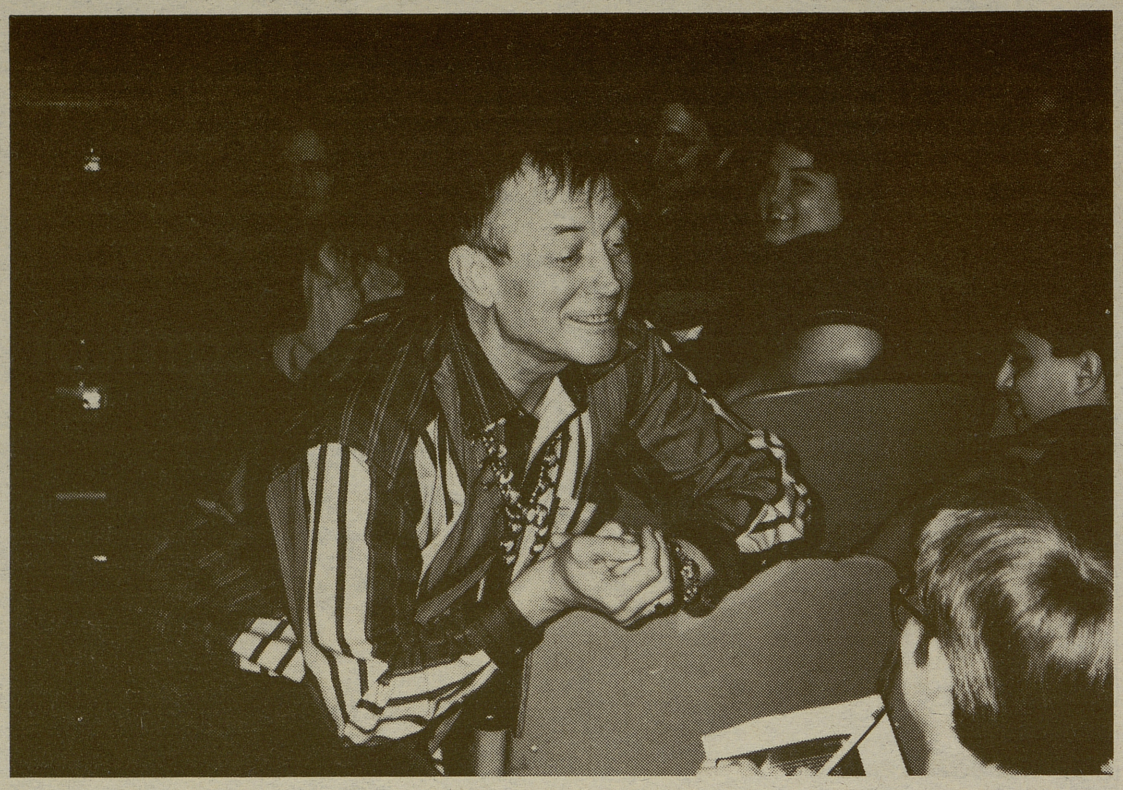


Photo by Troy Alexander

UP CLOSE AND PERSONAL--*Russian poet Yevgeny Yevtushenko makes poetry come to life as he leaves the podium and speaks directly to students and others in the audience.*

Students favor UTT-TJC merger

By Lisa Henderson
Staff writer

TJC students could be directly affected if the University of Texas at Tyler becomes a four-year university. One possibility would be to combine TJC and UT Tyler to make a four-year school. Four of seven interviewed favor this idea; three oppose it.

Lynn Burkett, nursing major from Van, said combining the two schools is a good idea because there will be one curriculum, not two. She would still go to TJC even if tuition cost more because more classes will be made available.

Secondary education major Mary Beth Guffey of Tyler says it is a good idea because there will be coordinated curriculum and expanded facilities. She would shop for lower tuition but would probably remain at the TJC campus.

Chris Craft, engineering major from the Tyler area, believes it would work. A four-year university would help bring in students who did not want to travel to a large city. Costs may rise and it may cause students to seek financial aid, but, Craft said, " I would pay for it."

Some students do not think it is a good idea to combine the two campuses. They cite higher tuition, too many people and other factors as reasons not to merge them.

Kinesiology major Brad Crawford, originally from Amarillo, said merging UTT and TJC is a good idea only if more classes were available. He would pay for the writer class availability, but he thinks all students should go to a junior college before entering a university. "I think students should get used to a junior college first," Crawford said.

Undecided major Leona Colquitt said it is nice to go to a school with not as many people. She wants to stay where the classes are medium in size. Besides, Colquitt believes a four-year school would cause prices to rise and that is a major factor students need to think about.

TJC Touchstone, News win awards at state meet

by Kristie Carter
Staff writer

The TJC News and TJC Touchstone literary magazine won 10 state awards April 8 at the Texas Intercollegiate Press Association awards banquet, Student Publications Director Linda Zeigler said.

News staffers won two second places for: "Personal Doubts. . .," a general column by Keith Mathis and "Facts of Death," a freehand infographic by Jeremy Coe. Mathis transferred to The University of Texas at Arlington last year where he writes for The Shorthorn. Coe graduated last spring and attends the University or Texas at Tyler where he writes for The Patriot.

TJC Touchstone was named second best overall literary magazine in the state. This was a result of seven other awards including:

- first place for Angela Britt's "A New Day", single literary magazine cover;
- second places for Jed Turman's "Untitled" feature photo; Lisa Camp's "Round Autumn's Corner" illustration and typography, layout and design. The layout and design staff were: Coe, Joey Evans, George Fields, Mathis, Misty Otts, Jaymie Poeschl, Derek Rowan, Nancy Scantling, Hope Seley and Silvana Vierkant.
- third place for Phala Partin-Hay's "Waiting for the elephant", magazine poem and
- honorable mentions for Nikki Coyle's "Backyard Adventures" illustration and single literary magazine issue.

"It is a real challenge for our newspaper and magazine to win awards," Zeigler said. "We are competing in Division I which includes colleges with enrollment of 7,500 to 50,000. That means we are competing against much larger colleges like UT Arlington, UT Austin, University of North Texas and Texas A&M University."

The awards ceremony concluded the TIPA Convention at Holiday-Inn Emerald Beach, Corpus Christi. Five students attended: Jaymie Poeschl, Candice Reimer, Rachel Washburn, Lisa Henderson and Holly Ellis with Zeigler. Del Mar College and Southwest Texas State University managed the convention.

Switchboard operator takes all calls

By Heather McLeod
Staff writer

"Good afternoon, Tyler Junior College," Switchboard Operator Kelly Watson answers. "Uh, hi. Is this TJC?" responds the caller.

Foolish questions and all, Watson patiently answers calls Monday through Friday. As the most frequently heard person on campus, Watson is often the voice of TJC .

Since Watson took this position in June,1993, she has handled many interesting and sometimes shocking phone calls.

Last semester Watson received a call from a man trying to locate his daughter. "He had been in a coma for seven years, and he wanted to know if his daughter was going to school at TJC," Watson said.

Along with being the operator comes some rules that callers often do not understand. One is that instructor's office numbers cannot be given out to callers. So when Watson says, "I'm sorry, I'm not able to give you that direct number," she can transfer the caller to the correct number.

Watson pleads for patience. When all six lines are ringing, numbers occasionally get mixed up. Watson says when this happens, people do get upset.

Another help would be to give her the department name along with the person's name trying to be reached. This helps with the confusion between names that are or sound the same. TJC has Lou Cook and Lou Kuck both James F. Rozell and James M. Rozell.

During bad weather, the switchboard is bombarded with callers who ask questions that could be answered from listening to the news or radio. When school was cancelled for the recent icy weather, Watson answered 300 calls in two hours. All 300 callers asked, "Are we having class today?"

Watson enjoys her job. "I like the environment and the people," she said. "Talking on the phone is what I do best."

The switchboard is located in the development office in the new White Administration Building. The lavishly decorated offices create a very comfortable working space. Watson says it's a professional but relaxed place to work.

The switchboard operator's job also includes doing mail-outs and clipping TJC stories from local newspapers. Since Watson's work day starts at 7 a.m., getting a chance to read the morning paper is a bonus.

By the end of a long, busy day, Watson often is so fatigued from the constant ringing that with her head-set in place, she will answer, "Tyler Junior College," only to discover the phone never rang. "This is really embarrassing when another person hears me do this," Watson said.

Now taking sign language classes, Watson hopes to someday become an interpreter for the deaf. As an interpreter, Watson will still be relaying messages silently to those she helps.

Roommates: potluck or someone you know?

By Jennifer Brown
Staff writer

Adjusting to living with a new person and sharing your personal belongings can be fun, but not all roommates find it so. New students at TJC or any other college who choose residential life have two choices: they can pick a roommate from someone they already know, or they can take potluck and hope that it turns out to be a good experience.

Some students choose as their roommate a girl or guy they already know. This sounds safer, but it is not always a happy solution.

Freshman Melissa Kirby said living with someone you already know is harder. You have to get used to them using your stuff. You may find out that the person you thought you knew is not someone you like, she said.

Kelli Taylor said her roommate from home is fun to have around at times when she needs to talk to someone who knows a lot about her. But when she wants to be alone or she wants to meet new people, she feels hemmed in. She went away from home to meet new people and make new friends.

Sophomore Michelle Templain said when she decided to live in the dorm her second year, she liked knowing her roommate's habits, likes and dislikes and what they had in common.

> **'You don't know anything about this person'**
>
> *—Sophomore Patricia Jackson*

It's just easier this way "because you already know the person you are sharing your personal stuff with," Templain said. "You don't have to worry about a stranger coming in and ruining or stealing something."

Sophomore Harrison Lee said in his first year here he had a roommate he had not known before. His phone messages never got back to him, causing him to miss important job opportunities. He was always worried that his roomie would take his clothes when he would go home for the weekend.

Harrison said that he "hated it so much that he took most of his clothes and always stayed in a friend's apartment, wasting his parents' money."

Sophomore Jay Harris said his first year here he had a roommate he knew already, but it just was not a good situation. Harris said when you room with someone you already know, it makes it a lot harder to make new friends and keep the old.

Knowing your roommate could be a lot better than taking potluck, Sophomore Patrice Jackson said that she had a bad experience with her first potluck roommate. Jackson said her roommate would turn out all of the lights at night and then get angry at her when she would turn them on to study or to get ready in the morning.

"It's not worth all of the trouble," she said. "You don't know anything about this person and it's harder to get along with someone who you know nothing about."

"It could ruin your dorm life experience, and it even made me want to move home," Jackson said. Instead I moved out of the room and moved in with a girl I met in the dorms and had a much better time."

Some students who take potluck love their roommates and become the best of friends and room together by choice.

Classes to use new Mac lab

Sixty students are using a new Macintosh computer lab to learn photo techniques, drawing and desktop publishing in Pirtle Technical Center, Photography Instructor Rebecca Stewart said.

The lab contains 16 Macintosh Quadra 660 audio/visual units with CD ROM.

"These are high-tech computers," Instructor Bobby McGregor said.
"Students are actually able to talk to the computers and run music on them."

Classes using this equipment include desktop publishing with Quark Xpress, drawing with Adobe Illustrator and photo enhancement and color separation with Adobe Photoshop. Other photo and graphic classes are being taught on PC's.

Stewart said extensive education on both Macintosh and PC can be very profitable. Students with this experience will be marketable and will require less training once they are employed.

Because of advanced programs such as Photoshop and Quark, "students are more interested as far as student publishing goes," McGregor said.



BACK TO THE FUTURE—*Students can learn graphic arts techniques with the new Macintosh computer lab in Pirtle Technical Center. The lab features 16 computers with audio/visual and CD ROM.*

Hotdoggers drive Wienermobile thousands of miles

By Troy Alexander
Staff writer

Some students may have noticed a giant weenie on wheels parked across from campus on Fifth Street last week.

This vehicle is the Wienermobile, a promotional tool for Oscar Meyer that has been successfully bringing smiles to kids since 1936.

The Wienermobile's drivers, Hottdoggers Brian Spillane and Chris Steven, are college graduates who were hired to care for the 23-foot frank for a year, until June 1994.

Spillane, from Chicago, is a graduate from Carthage College in Kenosha, Wis. He has a bachelor of arts degree in business administration with an emphasis on marketing.

Steven is from Austin and graduated from The University of Texas there. She has degrees in psychology and sociology and is a candidate for a masters in arts degree in organizational communications.

"We are the keepers of the Weenie," Steven said. Since they were recruited for the job, the 'doggers have been to Kansas, Missouri, Oklahoma, Arkansas, Tennessee, Louisiana and Mississippi. In nearly three months they have put 12,000 miles on the odometer.

During their one year terms the 'Doggers will drive the weenie in parades and food shows, help raise money for Meals on Wheels, Big brothers/Big Sisters and the Special Olympics. They will go to the Indy 500, the World Series and the Super Bowl, among the 500 events on the Wienermobile schedule.

Both 'doggers, though constantly on the road and trying to keep a tight schedule, love their job and dread the day next June when it ends.

"That will be a sad day, because I am having the time of my life," Spillane said.

Oscar Meyer has other Wienermobiles, boasting names like Oscar, Yummmy and Big Bun.

Each vehicle includes a gullwing door, microwave oven, refrigerator, steamer which emits the odor of grilled hot dogs to entice customers, CB, telephone and a tape deck which plays 21 versions of Oscar Meyer's "Wiener Jingle."



Photo by Troy Alexander

HOTDOGGIN' IS THEIR JOB—*Wienermobile driver Chris Steven and her partner Brian Spillane will drive this vehicle in parades and food shows all over the United States. In three months they put 12,000 miles on the odometer.*

Oscar Meyer employees interview college degree holders annually to choose who will pilot the Wienermobiles, but anyone applying for the job had better have patience.

From more than 750 applicants, only 12 are chosen, after extensive interviews, for their outgoing personalities and communication skills, to serve as drivers and spokespersons for the unique hot dogs on wheels.

Those interested in Hotdoggin' may write for more information to: Oscar Meyer Foods Corporation, P.O. Box 7188, Madison, Wis. 53707.

Hawkins reorganizes structure, Project 2001 starts at top

As part of Project 2001, TJC President Dr. Raymond Hawkins has approved reorganization of the College administrative structure, Dr. William Crowe, associate vice president of instruction, said.

The structure will drop from five instructional divisions to three instructional schools. They will be headed by deans Joan Jones, Business and Technology; Dr. Linda Watkins, Liberal and Fine Arts; Alan Rasco, Health and Natural Sciences. Aubrey Sharpe, will be executive director of the Regional Training and Development Center. The new organizational structure will:

- be a more effective in addressing the College's new mission statement
- encourage greater involvement of employees in decision-making
- reduce administrative staff
- ensure maximum use of faculty in classrooms.

This will allow the College to cluster more programs together to be more efficient, Crowe said.

"We want the institution to operate as efficiently as it can," he said.

The remainder of the spring semester and the summer will be a transition period. "It is our goal to have the new structure completely implemented by the fall," Crowe said.

"The new structure will give the deans latitude to get things done and get programs that are best for students without having to cross over so many barriers," Crowe said.

Lousy eating habits lead to weight gain

By Jaymie Poeschl
Staff writer

"Freshman 15" and "Sophomore Spread" may sound like new rock groups but these terms refer to the 15 pounds students typically gain in college. The weight gain comes from lousy eating habits, according to a Scripps Howard News Service story in the Tyler Morning Telegraph.

Nutritionists and dieticians warn that eating poorly in college can lead to a life of health problems. Having a weight problem isn't the only sign of poor eating habits, Rebecca Bibby, home economics and child development director, said.

"Just because a person looks fit doesn't mean they are fit, because sooner or later it will catch up with them," Bibby said.

American Dietietic Association stats show need for concern. Up to 20 percent of college women suffer from the eating disorder bulimia. These folks binge and purge what they have eaten.

Almost half of all students miss breakfast at least five times a week. Two out of three students who come to the nation's public university health centers for nutrition counseling are moderately or very overweight, according to the Scripps Howard story.

Everyone has heard that breakfast is the most important meal of the day.

Altlhough studies prove this over and over, it is also the most skipped meal of the day.

"Breakfast means just that, breaking the fast. If you skip breakfast, you've made your body go without fuel for a very long time," Bibby said.

Breakfast doesn't have to be traditional. Bibby suggests that even those who don't have time to sit down for breakfast can plan a lot of alternative meals.

"Fruit is fast and ready to go or a sandwich such as peanut butter and jelly will work," she said.

Students often question whether they should count calories or fat grams. Bibby says they should watch both carefully. If a food is high in calories, it is probably high in fat.

Some students think they have an excuse to eat junk food because they have to eat on campus. Brett Ladd, Marriott Food Service Director, disagrees.

He says if he puts out a hamburger and some healthy food side by side, students will most likely go for the hamburger.

"We offer a choice of foods plus we have a salad bar that always has at least one low cal dressing. But I hear very few students say," 'Where is the healthy food?'" Ladd said.

Marriott Food Service even offers a wellness center that can give nutritional information on any food offered by the food service.

The wellness center is located across from the salad bar. It began last February and has not been filled up once.

Student begins labor, completes oral report

By Jaymie Poeschl
Staff writer

When Sociology Instructor Shirley Bishop told her students that unless they were on their death beds, they had better not miss their oral presentations, Freshman Shivon Mosley took her seriously. Mosley finished her report despite going into labor in class April 20.

Bishop noticed Mosley was "breathing funny" and "holding her tummy."

"I jokingly said, 'not today'," Bishop said.

The baby was not due for another three weeks, Mosley said. She thought it was probably just nerves causing her feelings so she continued her presentation. The odd sensations continued, Bishop said.

Bishop told Mosley she didn't have to finish, but the student was determined to complete her assignment.

When the presentation was over Bishop went with Mosley to get some water. Then Mosley told her she had been to the hospital that weekend and the day before had had some contractions.

Bishop decided Mosley should go to the hospital. They called campus safety from the TJC News lab, just down the hall from Bishop's classroom. Campus safety officials called an ambulance.

News editors, who were finishing the April 21 edition, made Mosley comfortable in the lab. While she waited, they gathered this story.

The excitement was not over yet. The ambulance arrived just as noon classes were ending. EMS attendants and two volunteers carried Mosley on a stretcher down three steep flights of stairs in Potter Hall while curious students watched.

Mosley delivered a five-pound eight-ounce boy by Caesarean section the next morning. His parents named him Ker'Von Dre ShaQuilen Shakkur Crowder.

Mosley earned an A on her presentation and completed the semester successfully, Bishop said.



Photos by Candice Reimer

Phi Theta Kappa wins big at regional meet



CAN YOU DIG IT?—PTK officer Luke Stephens helps plant a tree in Wise Plaza to commemorate Arbor Day. Photo by Heather McLeod.

Alpha Omicron, the TJC Phi Theta Kappa chapter won big at the Phi Theta Kappa Regional Convention last month.

Alpha Omicron was named a Five-star chapter for the second year in a row and ranked in the top 10 chapters in the region.

They completed all steps in a five-level achievement program based on scholarship, leadership, service and fellowship. As a result, the chapter will attend the Texas Honors Institute in July on a scholarship .

English Instructor Judy Turman received the Mary Wilson Outstanding Advisor Award and Scholarship, the highest honor an adviser can receive at regional level.

"This was one of those moments that, even as it happened, I knew it was the greatest moment of all my life," Turman said.

TJC graduate Jeremy Coe, now a student at The University of Texas at Tyler and Computer Science Instructor Gigi Beaton were named to the region Hall of Honor. Coe and Beaton each received an engraved medallion.

Beaton was named the chair of the Regional Advisory Board for 1994-95. She also wrote the chapter skit which earned honorable mention.

The Alpha Omicron received an outstanding rating for its scrapbook, almost unanimously. One vote went to Blinn College.

TJC President Dr. Raymond Hawkins was named Presidential Ambassador for District III. He will serve as a goodwill ambassador for District III administrators.

8 win positions on Cheerleader squad

By Suzanne Loudamy
Staff Writer

Seven freshmen and one sophomore won places on the 1994-95 Cheerleader squad in tryouts April 9.

Freshmen are: Cassie Cabanebio of Houston, Farrah Cargile of Mount Pleasant, Kay Glenn of Jasper, Josh Hackett, Brian Keller and Jason Newman of Garland and TiffanyTaylor of Arp.

The only sophomore returning is Phoebe Russell of Mexia. Freshman Rachael Reader of Henderson will be alternate, Cheerleader Director Audrey Woods said.

Cheerleaders must maintain a 2.0 grade average.

"Freshmen cheerleaders will receive a $200 scholarship and sophomores will receive a $250 scholarship," Woods said.

Cheerleaders do much more than jumps and cheers on the sidelines at football games. They go with Shriners to visit and encourage patients in children's hospitals. They help with YMCA projects and, during the Jerry Lewis Labor Day Telethon, they run game booths at Broadway Square Mall. They have served on United Way and Red Cross projects and deliver cheer baskets to nursing home residents.

Cheerleaders judge area high school tryouts and conduct camps for area cheerleaders and wannabes. They conduct a TJC Mascot camp for children of faculty and students.

Women increase, excel in education

By Jaymie Poeschl
Staff writer

"You've come a long way, baby," says a lot about women and education. Thirty years ago the only education women were encouraged to seek was home economics or teaching.

Many women students have mothers who did not get any higher education, so they are the family's first such woman.

"It just was something that wasn't talked about," returning student Bernice Smith said.

Smith graduated from high school in 1980 and received an associate's degree in business in 1982. She returned to TJC to study legal assisting.

Although her parents did not encourage Smith to go to college, her high school teachers and counselor did.

The first time she came to college just for the experience and to better herself, Smith said. This time she is trying a new major. She is typical of many women who work for a while and set new educational goals.

Growth in women's education did not begin to gain momentum until the 1900s, according to B. Solomon in her book "In the Company of Educated Women: A History of Women and Higher Education." Solomon is quoted in "Underrepresentation and the Question of Diversity: Women and Minorities in the Community College" by Rosemary Gillett-Karam, Suanne D. Roueche and John E. Roueche.

The University of Chicago opened its door to women in all academia in 1892 and within a decade the percentage of women attending classes rose from 24 to 52 percent. By 1902 women received 53 percent of the Phi Beta Kappa awards at Chicago, said Solomon.

"An alarmed President Harper began to segregate undergraduate classes and cut back on full co-education for women," Solomon said. "Although faculty liberals fought for the reinstatement of full co-education for women, they lost their fight, as separate classes for freshmen and sophomores in the so-called junior colleges were established in Chicago in 1902," she said. Thus began junior colleges, now enrolling more than half of all entering college students.

Freshman Ella Prince graduated from high school in 1972 and attended Tyler Commercial College to learn accounting and payroll.

She has reared six children, but she decided last year to return to school because she wants something better.

"I'm a single parent. When you get so many doors slammed in your face, you want to make a change," Prince said. Prince's mother did not go to college, but her family and high school encouraged her to do so.

Women have made more progress in the last 90 years than in the thousands of years before 1900. Enrollment of women in higher education had increased to 53 percent by 1987, according to the Karam-Roueche book.

In a time period as short as a 100 years, the number of women enrolled in college increased from 35 percent in the 1890s to more than 50 percent by the 1990s, according to the U.S. Bureau of Census, National Center for Education Statistics in 1983.

In a report of TJC statistics from the time the study began in 1987 through spring 1993, an average of 58 percent of students were women.

According to another report for support services in 1993 on sex-biased programs, women are the majority in traditional majors as well as in some that were considered non-traditional majors for women. Women still are holding onto traditional fields such as education, nursing and secretarial related majors, but that is fast changing.

Marie Jackson, associate degree nursing director, went to Baylor University in 1955. During that time most women were majoring in teaching, nursing or taking secretarial type courses, she said.

"I think that now there really is no limit for women, but the majority are still in nursing and secretary," Jackson said.

Traditional majors for women are defined by a 75 to 25 percent ratio of women to men. This means some programs at TJC once dominated by men are becoming saturated with women.

In surveying, usually considered a men's field, 100 percent of the majors were women in 1993, according to the sex-biased report. Other fields with 100 percent female majors for that year are management, optometric technology and pre-physical therapy.

Women are the "second sex" in most of academia, because of the differential which Gillett-Karam attributed to women's tendency to take time off for child-rearing. If women would choose a non-traditional career, they would make 20 to 30 percent more pay than in traditional careers, Support Services Director Dr. Vickie Geisel said.

Some majors that traditionally draw men have not changed at all here. Men comprise a 100 percent of declared majors in physics, economics, welding, fire protection technology and farm and ranch management.

Women have come a long way in education, but many roads remain for them to travel. If women had not excelled to a degree that frightened the president at the University of Chicago in 1902, there might not be a TJC or any other junior college today.

Awareness of cultures sparks teaching, writing

By Troy Alexander
Staff writer

When Professor Ronald Takaki talked about the lack of multicultural literacy and ethnic studies in American universities, he told a story he has lived.

Takaki's Chinese grandfather moved to Hawaii in 1886 to work, as did thousands of immigrants, on the plantations. Hawaii's tremendous sugar production needed labor, he said.

Hawaii soon became a multicultural society because its economic need for outside labor drew people from many nations.

Takaki is the third generation of Takakis born in Hawaii. He came to the continental United States to attend the College of Wooster in Ohio.



DON'T YOU SEE—Professor Ronald Takaki told TJC students that Americans are uneducated in the importance of multi-culturalism

Photo by Troy Alexander

There, as he studied American history, he found it did not teach about all Americans. His history was not included, he told journalism students in a press conference before his Sept. 23 speech opening the Student Enrichment Series.

He became involved in the civil rights movement at the University of California at Berkeley in the 1960s and went on to teach an African-American history course at University of California at Los Angeles.

Seeing the different people and cultures among his college students, Takaki joined the Berkeley faculty to teach the history of multicultural America.

Takaki since has written seven books, the most recent of which, "A Different Mirror," was inspired by two decades of teaching multiculturalism.

He asked TJC students if they know why there are so many Koreans in the U.S.? "Do you understand what happened in L.A. last year during the riots?"

Only 15 percent of the world population is "white" and about 50 percent are Asian, Takaki said. Sometime in the 21st Century whites will become a minority in America as they already are in major American cities.

With these statistics, both students and faculty should realize they need to increase their knowledge of America's many cultures. If you go to work in Houston, a city with a high Chinese American population, you need to know a lot about Asian-American culture, he said.

Takaki believes the college must give students this multicultural education.

"As a university, we should study the social universe," Takaki said.

UC Berkeley requires all graduates to meet an American culture requirement. This requirement is a great stepping stone to cultural literacy. Maybe TJC should do the same, Takaki said.

The study of multiculturalism should branch out into other courses other than history, he said.

"American literature isn't American literature. It should be called the Literature of White Males in America," Takaki said.

Takaki reminds students that it may be up to them to ask faculty to include multicultural education in their curriculum.